

# Physio Ball



**A Physio Ball is a large inflated ball used in exercises to strengthen muscles and improve flexibility and balance. Physio Balls can add an extra challenge to most exercises. The Physio Ball originated as a tool for clinical rehabilitation but due to its effectiveness in developing balance and core strength, trainers and physical education teachers have begun to integrate them into their programs. Physio balls are also called: "Swiss balls", "Exercise Balls", "Fitness balls", "Stability Balls", and "Balance Balls".**